

Sohag Egypt

Positive changes are happening in Sohag. Learn more about how we are supporting children and girls' rights through our collaborative, equality-driven work.

Due to the ongoing conflicts and instability in Sudan and the Gaza Strip, Egypt is becoming a significant destination for refugees from the neighbouring regions. It is extremely crucial to protect and support human rights through migration, however, it is still causing significant pressure on the country's limited resources. Amid these challenges, communities in Sohag continue to strengthen facilities for young people and their families.

For example, through vocational training and skill development projects, families now have access to extra income. Family Camps enable parents and children to spend quality time together. Young girls are joining the workforce, combating gender-based violence like FGM and child marriage, and striving to create gender equality in the region.



Family camps offer various recreational activities.

"Attending the Champions of Change sessions helped me understand gender issues and challenge the practice of female genital mutilation in my community." -Salsabil (14)



Impact in Numbers

15

people were trained as peer-trainers on entrepreneurship

34

people received psychosocial support

200

mothers were sensitised about positive discipline

I Draw the Future Myself



NAME:

Nagwa

AGE:

13 years old

DREAMS TO BE:

A dentist

“I want to become a dentist to make my parents proud, and I’m grateful for the support that has helped me regain my confidence and take the first steps towards my dream.”



Meet Nagwa

Like many children in Egypt, Nagwa is optimistic about achieving her goals and building a strong future.

Nagwa lives in Cairo with her parents and siblings. Her favourite hobby is drawing. She goes to preparatory school where she excels in her studies, especially in Maths and History. Since Nagwa wants to be a dentist, she wants to get better at science. While she has the aptitude for the subject, a lack of sufficient resources limits her in barrier-free learning and achieving her dream. Moreover, due to a standard curriculum and the limited capacities of her schoolteachers, Nagwa and her peers often lack age-appropriate skills in reading and writing. To mend this gap, Nagwa had to resort to online videos to assist her in basic education.

Learning made fun

Nagwa’s mother voiced her child’s struggles. We strive to remove the barriers so children can dream as big as they want to. Therefore, Plan designed various education assistive services, including a reading and writing programme to support the children with easy, fun and accessible education. Like many children from her community, Nagwa too enrolled in our education programmes.

Onward and upward

Beside her regular school, Nagwa attends Plan’s community development sessions. By mid-year, she had already made progress in her education – especially in science – bringing her one step closer to her dream. These sessions work to strengthen girls’ and young women’s agency over their life decisions through access to and control over resources. Our development workshops have helped 405 students like Nagwa to not only excel in education and improve the school retention rate, but also to gain self-confidence and improve their self-esteem.



Nagwa enjoying her lessons with her fellow classmates.

We Currently Work With 4,215 Sponsored Children in Sohag

Projects That Support Lasting Change

Safety First

Children are among the most vulnerable groups in society, and a lack of awareness about their rights often leads to neglect, abuse, and violence. This project supports communities in adopting protective practices to better safeguard children and foster non-violent behaviour both among peers and within the wider community.

Through the project, 200 mothers have gained the knowledge and skills needed to protect children from violence and abuse while embracing positive parenting practices to reduce the risk of harm. Additionally, children aged 9 to 13 are participating in Aflatoun clubs, where they engage in activities that teach them about their rights to education and protection. They have also attended awareness sessions highlighting the dangers of drug use.

By enhancing the community's knowledge and skills, this initiative aims to create a safer, more supportive environment where children can thrive.



Women participating in a recreational activity during International Women's Day.

1,333
children participate in
Aflatoun sessions



Training of Trainers on Village Saving and Loan Associations.



Adam attends the Family Camp with his parents.

Healthy Communities

In Sohag, poverty and social norms have normalised various forms of gender-based violence. This project empowers families and communities to make informed decisions, defend their rights, and hold institutions accountable for upholding these harmful practices. We collaborate with communities through education, economic empowerment, policy changes, and community-building efforts to create lasting change. The project addresses the diverse needs of children, adolescents, and youth, including factors like gender, age, disability, and ethnicity.

Child protection remains the focus of all our efforts. So far, 517 parents have participated in sessions to recognize the dangers of early marriage. 251 girls learnt about their rights through gamified workshops. Women have also formed savings and investment groups, helping them overcome social and financial barriers. As communities unite to support one another, Sohag is steadily combatting harmful traditions.

“During Family Camp, I learnt how to express my ideas with drawings, and acted in a play on child marriage and its dangerous impact. We had a lot of fun!”
- Adam (10)

You're Supporting a More Equal Future



Young girls and children are at the centre of our plans.

Together, we're working to create a more just world.

The safety of children and young girls will remain our utmost priority. We will continue to collaborate with the communities to raise awareness about the impacts of early marriage and FGM. Awareness of rights and health will contribute to a more informed and equitable society for all.

To enable economic empowerment for women, we will implement a series of activities for market training, and entrepreneurship, and to identify the obstacles that prohibit individuals from attaining financial independence. We will continue supporting communities in providing improved income-generating activities and ensure that they can overcome the pressure of rising costs.

Message from Plan Staff

"As a result of our interventions, there has been a decrease in FGM cases, children are more aware of their rights, and parents have improved their sources of income. We look forward to continuing our collaborations with the communities in the coming years."



Mohsen Kamal,
Programme Unit
Manager

The Plan Effect

Sponsored children are at the centre of everything we do, and they help plan our programmes based on what's important to them. Sponsors' donations are a gateway into a community. This helps build trust and credibility to attract even more funds from new sources. This makes more sustainable programmes possible in sponsorship communities. This powerful synergy is something we call The Plan Effect.

Progress in Numbers

150

women started
entrepreneurial
projects

200

youth attended
financial literacy
sessions

722

women attended
an awareness
raising workshop

28

women obtained
funds to start
small businesses